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THE
VICTORIA
READERS

BY
W. J. POPE



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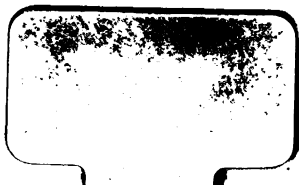
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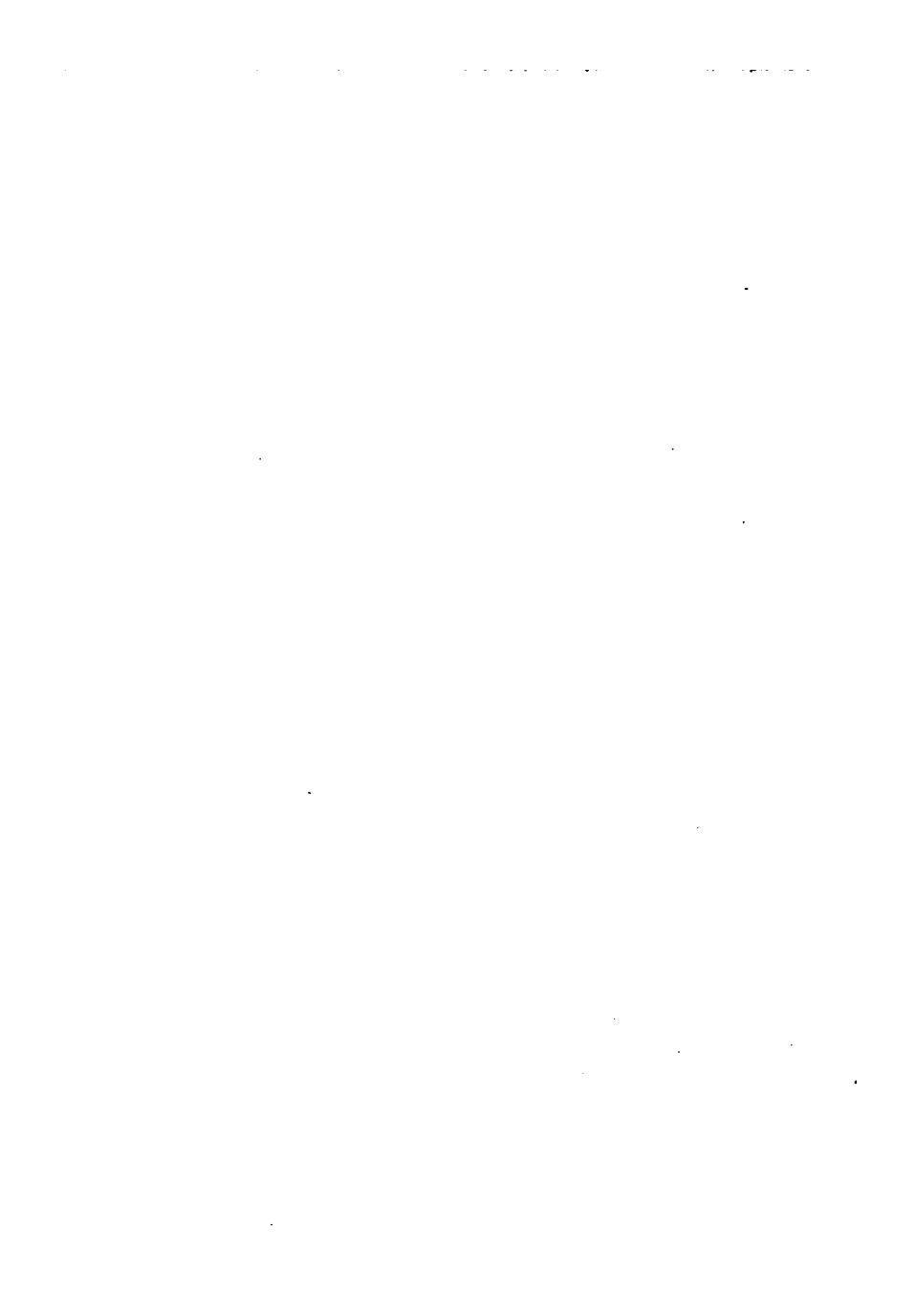
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THE VICTORIA READERS

A SERIES OF BOOKS
FOR STANDARDS I. II. III.

INTRODUCTORY TO
THE DOMESTIC ECONOMY READERS
FOR STANDARDS IV. V. VI.

BY

WILLIAM J. POPE, F.G.S.,
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"THE OBJECT-LESSON READERS."

BOOK II. FOR STANDARD II.

FOOD.

LONDON :
SMITH, ELDER, & CO., 15 WATERLOO PLACE.
1896.



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and VI.*

LONDON:

SMITH, ELDER, & CO., 15 WATERLOO PLACE.

PREFACE

GREAT care has been taken in the choice of language for this book, so as to induce children to look at, into and through the subjects of the lessons. It is a book for pleasant reading, and not a book for cram. A chatty style has been adopted, and the lessons have been arranged to form a connected series, so as to sustain the interest of the class. The use of ordinary words only, repetition of the same, and a disregard of technical terms and details have been the main ideas. The lessons are in accordance with the syllabus laid down in the Code.

W. J. P.

LEWISHAM BRIDGE SCHOOL,
LONDON, S.E.

*Extract from the Instructions to Her Majesty's
Inspectors.*

“All that is purely technical, whether in the mode of study or in the language and terminology, should be carefully avoided.”

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THE VICTORIA READERS

TEA



1. "Well, you can believe it if you like, but I shall not. I do not believe any person could have been so silly," said Kate Cook to her brother Harry.

2. Harry was eleven years old, and his class was learning about China.

3. "What is that he is telling you this time?" said Kate's mother.

4. "Oh! he makes things up, I am sure," said Kate; "or if he does not his teacher does.

5. "He says that Mr. Bell told them in school to-day, that when the very first pound of tea came to London, a sailor brought it from China, and gave it to his mother."

6. "And why not? why should he not give it to his mother?" said Mrs. Cook.

7. "Well, of course he should," said Kate; "but he says the old lady boiled it, and after she had thrown away the tea she ate the leaves with some melted butter. I don't believe a word of it, it is so very stupid."

8. "Very likely it was true," said Mr. Cook, who was reading his paper by the fire.

9. "I was once in France, and I called on a friend whom I had not seen for years.

10. "In France, as you know, no one drinks tea, and no one likes it.

11. "But my friend told his mother, I suppose, out in the kitchen, that the English people liked tea and did not much care for coffee.

12. "So she sent out and got an ounce. Then she took out two china tea-cups which she had kept for many years in a glass case.

1 "She put the two cups and saucers on the table ; then she put in half a spoonful of tea in each, and then she filled them up with warm water, not boiling water.

14. "We had no milk and no sugar, and a funny tea it was, I assure you. No cake, no bread and butter, no anything except the tea.

15. "Of course I drank the tea, as my friend's mother had been so kind

as to make it ; but I did not call there at tea-time after that."

16. "And, in France, what do they drink for breakfast?" said Harry.

17. "Coffee always," said his father. "The French drink coffee, and the English drink tea."

18. "But Mr. Bell told us that 300 years ago no one in this country had ever had any tea. What did they have before that?" said Harry.

19. "Well, as far as I can make out from books," said Mr. Cook, "the people in this country drank milk. A few of them may have drunk tea, but I am not sure."

20. "This must have been a queer country to live in," said Kate, "500 years ago. There was no tea, no coffee, no sugar, no cocoa."

21. "How we should get on for a week now without any sugar to put in anything I cannot understand."

22. "Oh! you can get used to any-

thing in time, my dear," said her father.

23. Nothing more was said about the tea that evening, as Mr. and Mrs. Cook were going out.

24. But the next evening a young man, who worked in a grocer's shop, came in for an hour or two, and they had a long talk about tea and China.

25. If any one had afterwards written down what was said among them all, he would have written down this :

26. China is about 10,000 miles, that is, five weeks, away ; and the weather there is warmer than it is here.

27. There the people drink tea without milk or sugar.

28. In Russia also they drink tea without milk or sugar ; but they put a slice of lemon in the tea.

29. Tea now grows in many countries besides China. A great deal comes from India.

30. Day and night hundreds of ships are going to, and coming from, China and India.

31. The ships bring the chests of tea to sea-port towns like London.

32. From there the chests are brought by train to the towns where we live, and the grocer fetches them from the station, or has them brought round to his shop in a cart.

33. Tea used to be very dear; but it is now very cheap, as you can get very good tea at two shillings a pound.

34. In China and in countries where tea grows, the farmers grow the plants very much as we grow currant bushes in our own gardens here.

35. When the plant is about three years old, those who work for the farmer pick off the leaves.

36. At first they are green; but the people dry them over hot stoves, which make the leaves curl up as we find them in the tea-packets we buy.

37. Of course there are many kinds of tea and many prices, just as we have many kinds of apples here and many prices.

38. The water for making tea must be boiling ; but drinking hot tea hurts those who drink it.

39. And besides this, tea should not be allowed to stand very long after it is made before it is drunk.

40. As most people know, leaves and bark and wood when tasted are bitter, and the bitter matter hardens the skin of the mouth.

41. So in the same way, the bitter part of oak leaves hardens skin; and that is why oak-bark is used to harden or tan skins and hides into leather.

42. And that is why tea should not be allowed to stand very long before it is used. The bitter matter of the leaves hardens the skin of the mouth and stomach, and makes them harder than they ought to be.

COFFEE



1. "So coffee, like tea, comes from abroad," said Rose to her mother.
2. "Yes, my dear. It is too cold and too wet for the coffee tree to grow here."
3. "Then pretty well all we drink comes from abroad," broke in Harry.

“Tea and coffee and cocoa, and even the sugar we put in them, come from other countries.”

4. “Yes,” said his mother. “This is a very small country, and we could not grow enough food for the people even if the weather were warm enough.

5. “Why, we buy from other nations more corn than we grow, and the weather here is warm enough for wheat.”

6. “Do you know, I don’t like coffee,” said Kate, the eldest girl of the family. “It is too bitter. I wonder whether anything bitter is put into it.”

7. “I expect so,” said her mother ; “for I know it is done abroad ; and, if so, it is sure to be done here.

8. “It was but a short time ago that I read that the head man in France went into a hotel and said, ‘Have you any chicory?’

9. "The hotel keeper said 'yes.'

10. "'Then kindly let me have it,' said the ruler of France.

11. "When the hotel keeper had brought him all he had, the other said to him, 'Now please make me a cup of coffee.'

12. "This looks as though the French ruler knew that those who made coffee put something else into it."

13. "Well, I don't like coffee either," said Mr. Cook. "If I have a cup of coffee for supper I lie awake all night."

14. "And so do I," said a friend of his, who had that moment come in. "I lie hour after hour, turning and tumbling about in bed, and I cannot go to sleep."

15. "I wonder who found out that coffee was good to drink," said Harry.

16. Coffee has been used in the warm countries of the world for many hundreds of years, but it was brought here about 200 years ago.

17. It comes in ships like tea does.

18. The coffee which we buy is made by the grocer, who grinds up some coffee berries, which he buys from those who bring them here in the ships.

19. In hot countries the coffee tree grows about twenty feet high, and red berries like cherries grow on it.

20. Now, inside a cherry there is one seed, but inside the red coffee berry there are several little green seeds.

21. You can see them in any large grocer's shop.

22. The red berries, when they are ripe, are either picked or shaken off the tree.

23. After that they lie out in the sun for a time, and then the black men and women and children get out the real coffee seeds and sort them for sale.



24. "Before they grind the seeds they roast them," said Harry. "I saw them doing it in Mr. King's, the grocer."

25. "Yes," said Mr. Cook. "Coffee berries, or seeds, should not be roasted or ground a very long time before you make coffee.

26. "But the English people do not make good coffee. They should get it newly ground and pour boiling water on it, for boiled coffee is spoiled coffee.

27. "In India they say the English at home do not much fear the sun because they never see it ; so I suppose the English people do not drink much coffee because they seldom see it."

28. "Perhaps not," said Mr. Cook's friend ; "but yet, if the English cannot make coffee, the French cannot make tea. Our coffee is bad, I know, but their tea is ten times worse."

COCOA AND CHOCOLATE

1. The 3rd of June 1895 was a very wet day, and this was Rose

Cook's birthday. Then she was nine.

2. Four little girls and two little boys were asked to come to tea, and a very happy little party they were.

3. Mrs. Cook, for tea, had bread and butter and cake and biscuit and jam, and to drink she made both tea and cocoa.



4. When she asked them which they would have, each said "cocoa."

5. Three of them had never had any before, and the others had only tasted cocoa two or three times, and so to all it was a treat.

6. They were so fond of it, and drank so much, that Mrs. Cook had to make some more.

7. She took a packet off the shelf in the kitchen, and put ten spoonfuls into

a jug, and then, with a spoon, she mixed it up with a little warm water into a kind of paste.

8. After that she filled up the jug with hot water, and the cocoa, after she had put in some sugar and milk, was ready to drink.

9. "I bought a cocoa-nut once," said Charlie Bell, "but there was no brown cocoa in it.

10. "When I cracked it with a hammer, it had milk and some hard white stuff inside."

11. "Oh! that was not cocoa; that was a cocoa-nut," said Kate, who was sitting next to him. "Cocoa and cocoa-nuts do not grow on the same tree.

12. "Cocoa-nuts grow on tall palm-



trees, sixty feet high, in hot countries. I do not know why they call them cocoa-nuts, for there is no cocoa in them nor in the tree."

13. "I thought the cocoa berries, or cocoa beans, were in the large cocoa-nut," said Charlie.

14. When tea was over, Harry Cook took Charlie Bell into the kitchen and showed him the packet of cocoa.

15. On it he saw a picture of a branch of a real cocoa tree ; and I am sorry to say he and Charlie ate all that was left of the packet.

16. The cocoa tree grows in warm countries, and is about thirty feet high when it is quite grown.

17. It has beautiful white flowers, and brown cocoa pods, like thick, stout beans, four or five inches long, grow among the large green leaves.

18. When the cocoa pods are ripe they are picked, and after a deal of trouble a lot of cocoa seeds are got out from them.

19. From these we get, after they are ground, the brown cocoa powder which we buy in packets at the grocers' shops.

20. Cocoa seeds, like coffee seeds, have to be roasted before they are ground.

21. "I thought cocoa was very bitter," said Charlie to Mrs. Cook. "My teacher once had a cocoa pod and cocoa berries on the table in our room.

22. "I was the monitor and he gave me one, and it was very bitter and nasty."

23. "Oh, yes!" said Mrs. Cook; "but I put some sugar in the jug; and besides that, those who ground up the seeds into powder put some sugar with it.

24. "Did you know that chocolate was made from cocoa?"

25. "No, Mrs. Cook," said Charlie.

26. "Yes, it is," said she. "The chocolate creams and the bars of chocolate are only cocoa and sugar mixed up and made hard.

27. "Cocoa and chocolate are more like food than tea or coffee. The drink which we make from them is much thicker ; but most English people prefer tea."

SUGAR

1. One Friday morning, last June, Ellen Pratt was wanted to help the teacher of the lowest class but one, the fifth class.

2. She was in the first class herself ; but, as she was always early, she kept the key of the room where all the things were kept for the object lessons.

3. But that morning for once Ellen

was nearly late, and when she went to the lower class she found these things on the table :

4. A piece of sugar-cane two feet



long and two inches thick, with two long grassy-looking leaves hanging to it. Some loaf sugar, some crushed white sugar, some brown sugar, some treacle, and some toffee.

5. There were also on the table a plate, a small jug, and a small, glass spirit lamp with the wick and spirits of wine in it.

6. Besides all this there was a large picture of growing sugar-canes hanging on the wall.

7. Miss Clark, the teacher, had placed the things on the table, as she wanted them for a lesson on sugar.

8. While the girls were doing their sums she put the things in their right places, so that when the girls came in from play, she began at once.

9. "Ellen," said she, "will you get me twelve reading books.

10. "That's right, now place six here and six there on the table."

11. Ellen did so, and the two lots of books stood on the table about six inches apart.

12. "Now get me some boiling water in the jug," said Miss Clark, and when

Ellen brought it she put a spoon full of sugar into it and gave it a stir.

13. Then Miss Clark rested the plate on the books, and told Ellen to pour some of the water from the jug into it.

14. After that the teacher struck a match and lit the little lamp which she placed under the plate, so that the flame could make the plate hot.

15. "Now," said Miss Clark, "what is this?" and she held up the thick piece of sugar cane.

16. "It is a copper stick," said a little light-haired girl in the front row ; but the rest laughed, as they all knew it was not.

17. So, after asking a lot of questions, Miss Clark told the class that by the sides of streams and rivers grass grows taller and stronger than it does in other places.

18. Then she showed them on the

picture that, in hot countries, some grass grows so tall and thick that they are called canes.

19. Out of her pocket she took a knife, and she cut off a piece from the end of the thick cane, and gave it to a girl who sat in the second row.

20. When she was told to do so she put it in her mouth ; and when Miss Clark asked her, she told the class that it was very sweet.

21. " If you were to place a piece of cane in wet sugar for a month," said the teacher, " it would not be so sweet as this one.

22. " Now that cane is called sugar-cane, because sugar can be got out of it.

23. " But, look here," said Miss Clark. " You saw Ellen put some water in the plate just now, and before that you saw me put some sugar in the water."

24. " Yes," said the children, they had seen both.

25. "Now see," said the teacher. "The plate is dry, all the water is gone, and the sugar is left on the plate."

26. Miss Clark also told them that, when clean rain fell on a dusty dirty road, it made it muddy; but that when it dried again all the dust and dirt remained on the road.

27. "So here," said she, "the water is gone, and the sugar is left."

28. "Now what would happen if I were to put this sugar-cane into water?" said Miss Clark.

29. "The water would soak into the cane," said the children.

30. "Yes, and suppose, when it was wet, I were to suck it, what should I taste?"

31. Of course the girls said "Sugar."

32. "Yes," again said the teacher; "but suppose I were to have the wet

cane squeezed very hard, what would happen?"

33. Some of the girls saw that the sweet sugary water would run out; but some of the idle ones did not know.

34. "Well, and if I were to put the juice which run out of the cane into this plate, and make the lamp dry it up, what would you find in the plate?"

35. Of course the sharp girls said: "The water would dry away and the sugar would stay on the plate."

36. "Well," said Miss Clark, "that is how sugar is got.

37. "You all know that some apples are sweet, so are some pears, and carrots, and parsnips.

38. "This is because they have sugar in them.

39. "Many hundreds of years ago, some one found out that a tall grass which grew in India was very sweet.

40. "He also found out that it had a great deal of sap in it, and that he could squeeze out this sweet sap.

41. "After this he found that he could dry off the water, and have the sugar left behind.

42. "And so in this way," said the teacher, "people found out the way to get sugar out of plants."

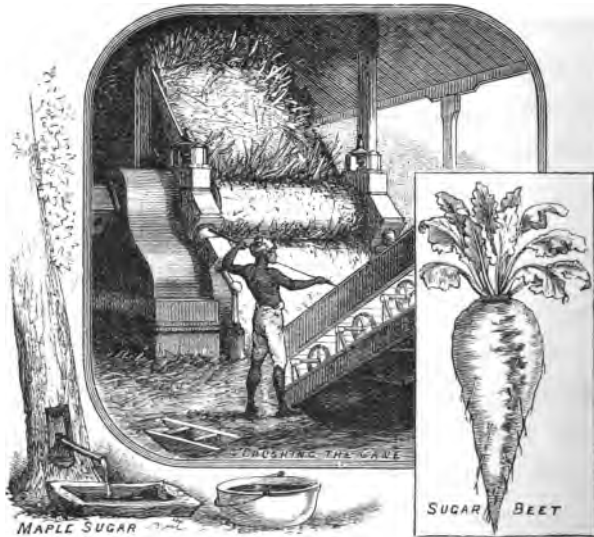
43. If you look at the picture at the head of this lesson, you will see sugar canes growing in the fields; and by the black people at work you can see that the weather is hot.

44. So now, if you look at the next picture, you will see how they squeeze out the juice.

45. After the juice is squeezed out it has lime put into it, and many other things are done to it before you get sugar.

46. At first, when the water of the juice is dried away, the sugar is brown.

47. "Can any of you girls tell me,"



said Miss Clark, "why sugar is brown, and why it becomes white afterwards?"

48. Of course none of them knew, so she told them that the juice of the

sugar-cane had in it both sugar and treacle.

49. Then when the dark treacle is drained away, the sugar which remains is white.

50. "Do you know," said Miss Clark, "I was down at the grocer's the other morning, and a stupid little boy did a very silly thing.

51. "He gave the grocer a jug and asked for a pound of treacle.

52. "When the grocer had put the treacle into the jug, he asked the boy for the money, who said he had left it in the jug."

53. "But," said Ellen, "if I were to soak and squeeze carrots and parsnips and sweet apples, and then dry off the water, should I get sugar?"

54. "Of course you would," said Miss Clark; "many plants and flowers are sweet, and sugar makes them so."

55. If those, who read this, look at the picture they will see a sugar beet. A beet is like a parsnip.

56. Millions of these are grown in France and other countries. The juice is sweet, and most of the sugar the people of France use comes from the beet.

57. If you look at the left of the picture, you will see a tree from which the juice is running into a pan.

58. This is the juice of the maple tree, and when the water is driven off the maple sugar is left.

59. But most of the sugar we use in this country, that is, in England, comes from the sugar-cane.

60. This cane grows as high as twenty feet. It has leaves nearly four feet long.

61. The sugar cane is not hollow, but is filled with pith, and this pith is very juicy and sweet.

62. "Before I finish," said Miss Clark, "can you tell me where I got this thick piece of sugar-cane?"

63. The children gave her all kinds of answers, but at last she told them that she asked a grocer to get it for her.

64. "And where did I get this plate, this jug, and this cup?" said she.

65. "From the school-keeper," said they.

66. "And what is this?" said Miss Clark, touching the spirit lamp.

67. "A spirit lamp," said the children.

68. "Yes," said their teacher; "and where did I get it?"

69. As they had never seen a glass one like that before, they did not know, so she told them that she had borrowed it from a carpenter who lived close by.

70. "And what is this?" again said Miss Clark, touching the toffee.

71. "Sweets," was the reply of all; and, as they seemed to know that sweets are made from melted sugar, she said no more, but let them go.

SALT

1. The week after Miss Stone's girls had their lesson on water, they had a lesson on salt.

2. "Now notice," said Miss Stone, as she held up a glass of water, "that this water is clear; and notice also that when I put this salt in it and stir it up, the water is still clear."

3. Then she poured the water out into a plate, and stood the plate on a fire-pan which she placed over the fire.

4. Whilst she was talking to the class, the heat of the fire was driving the water out of the plate; and after a while Miss Stone showed them that although the water was gone, the salt was left behind.

5. From this all the children saw that salt can be in water, although the eye may not be able to see it.

6. A few of them also, who had been

at the sea-side, remembered that the sea-water was salt and bitter, though it was quite clear at the time.

7. Salt is found everywhere. There is nothing which does not contain it. It is found in every rock, and in every stone, and in every grain of sand.

8. There is no water which does not contain it. It is found in every ocean and in every river, in every sea and in every pond, and in every grain of every field.

9. In every part of every animal, and in every part of every plant, salt is to be found ; and to every one it is known that tears are salt, and that the sweat from the skin is salt also.

10. Flying about in the air salt is found everywhere. It is found in the air on a mountain, and in the air in a mine, in the air in the streets, and in the air in a school.

11. No animal and no plant can grow without it. Man takes it with his

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food, and animals are all the better when it is given to them.

12. Plants, as they grow, take it from the earth; and in that way horses and cows and insects and birds get the salt they want.

13. In some countries salt is got from the water of the ocean. When the tide rises, the sea water runs into large tanks, from which the sun dries up the water and leaves the salt behind, as the salt in the plate was left behind by the heat of the fire.

14. In other countries some of the rocks are formed of hard and solid salt, which we call rock-salt; and from some of these rocks it is dug out just as we dig up coals in our own country.

15. In other places mines are sunk deep down into the salt rocks, and are then filled with water from above.

16. When this water has become brine, it is pumped up; and the water

dried away by fires, as the water from sea water is dried away by the sun.

17. Salt is used to prevent things from decay. When a butcher has meat and the weather is hot, it often gives off a strong smell.

18. To stop this he puts it into brine, that is, into salt and water.

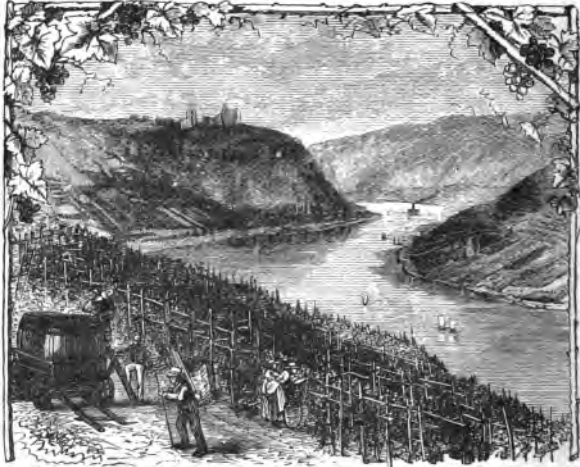
19. So the salt of the five oceans prevents the water from smelling badly, as it would do if there were no salt in it.

20. Most rivers are very dirty, and the drains from towns and cities pour into them.

21. As these rivers all day and all night pour their dirt into the sea-water, it would soon smell badly and poison people, were it not for the salt in the water.

22. The air at the sea-side contains more salt than air far away from the sea; and perhaps that is why people go to the sea-side when they are not well.

CURRANTS AND RAISINS



1. It was on a fine day in September of last year, that Harry Cook and his two sisters, Kate and Rose, were taken by their father to see the largest grapevine in England.

2. Every one has heard of Hampton Court. It is near London ; and has a palace which was given to one of the kings of England.

3. The vine which Mr. Cook took his children to see is very old ; but nearly every year it grows 1200 bunches of grapes.

4. These belong to the Queen, and most of the black grapes, when they are ripe, are cut and sent in large baskets to her.

5. "Well, what do you think of them?" said Mr. Cook to Kate, Rose, and Harry.

6. "I never saw such a lot before," said Kate.

7. "No, nor any one else," said Mr. Cook.

8. "And what do you think will be done with them?" said their father.

9. "They will be eaten, I expect," said Kate. "I should like to start now."

10. "Do you know why people eat grapes?" said Mr. Cook.

11. "Because they like them, I suppose," said Harry.

12. "Of course people like what they eat, or they would not eat it," said Mr. Cook; "but grapes are as much food as other fruits or corn or meat.

13. "I once heard a doctor say that when he was very tired with driving and walking about to see those who were ill, he always ate some raisins.

14. "Of course you know what raisins are," said their father.

15. "They look as though they had been grapes," said Kate; "you can sometimes see the stems among them when you bring them from the grocer."

16. "Yes," said Mr. Cook. "Raisins, such as we use for puddings and cakes, were grapes. We could grow grapes out of doors in this country if it were warmer.

17. "But in Greece, and Spain, and other warm, dry places, grape vines grow out of doors, and when the grapes are ripe the people cut them and dry them. Then they are raisins.

18. "The little stones or seeds in them are just the same as those we find in English grapes.

19. "The currants, too, which are used for making cakes, are really little grapes. They are dried in just the same way."

20. "Are they not like the red, white, and black currants which grow in our gardens here?" said Rose.

21. "No, they are not really currants," said Mr. Cook, "but grapes."

22. "The currants here grow in little bunches, something like grapes; but you could never dry them and make them fit for making currant cake or puddings."

23. In every town and city in this country, and in almost every other country, there are grocers, and all these sell both currants and raisins all the year round.

24. So you see that thousands, and perhaps millions, of boxes are brought

to this country every year from abroad.

25. There is scarcely a ship that comes to our seaport towns from the warm countries of Europe, but brings currants for the use of the people here.

26. And in some parts of these countries you may go for miles and find the people doing little else besides growing the vines, and picking and drying their grapes and currants for us.

FRUIT

1. Fruit has always been part of the food of men and women and boys and girls.

2. Some animals, like lions, eat only meat ; some, like cows, eat only plants ; and some animals, like men and monkeys, and birds and insects, eat both meat and plants.

3. Before people lived in this country

apples, and pears, and blackberries grew in the woods, but they were not so large nor so good as those which grow here now.



4. The old apples were sour, hard crab-apples, but most of the fine large apples and pears which grow in our gardens now were brought from warmer lands.

5. They do nicely, however, here, and with care, and manure, and pruning our gardeners get new kinds of fruit every year.

6. "Yes," said Harry, "I was up in Mr. Ball's garden on Monday, and with a saw he cut down a lot of limbs from the large trees.

7. "And after that, with his knife he cut the twigs of the smaller trees very short.

8. "When I said to him, 'Will you not spoil the trees, Mr. Ball?' he said, 'No, if I did not cut these limbs and twigs I should get all tree and no fruit.'

9. "Cutting out some of the limbs and leaves lets the air and sunshine get at the others, and unless the fruit buds ripen well I get no fruit.

10. "And if I never touched the trees the apples, in a few years, would be small, and sour, and hard.'

11. "While Mr. Ball was cutting the

trees," said Harry, "another gardener was cutting some twigs and sticking them in the ground."

12. "I thought plants grew from



seeds," said Kate, "and the apple and pear pips are seeds, are they not?"

13. "Yes," said Mr. Cook, "but you are both wrong. They do not grow

apple and pear trees from seeds nor from cuttings.

14. "Those who grow fruits to get their living have found out a better way of growing fruit trees than that; but you had better see what they do than hear what others say they do.

15. "Apples and plums and pears and cherries are all grown in the same way, and if you can grow one you can grow the others.

16. "The next time you go up to Mr. Ball's garden, Harry, ask him to show you how he grows young pear and apple trees."

17. "I will," said Harry, "as I may have a garden of my own some day."

18. "Yes, perhaps you may," said Mr. Cook, "and it is just as well to grow good fruit as bad. The trees do not take up more room, and they cost no more."

19. "That is what Mr. Ball says," said Harry. "He told me that you

can buy the best of young fruit trees for two shillings each."

20. "Yes, it is a pity that in the thousands and thousands of gardens in England people have not the sense to grow the best fruit," said Harry's father.

21. "Then we should have some apples and pears, and plums and cherries fit to eat, and the jam we buy would be much better than it is now.

22. "And, besides, instead of sending out ships to bring home apples from America and other places, we should have plenty of good ones of our own at home."

23. In the picture on page 39, besides apples and pears and cherries, there are fruits which do not grow out of doors in our gardens in this country.

24. There are grapes and pine-apples and melons, and other fruits which will only grow here in a glass or hothouse.

25. But in warm countries they grow out of doors, just as apples and pears do here ; so that they are much cheaper there than here.

26. Our fruit, however, grows just as well there as here, so people there are far better off for fruit than we are.

27. Still, there can be no doubt that the fruit which grows in England and Scotland, and Ireland and Wales, is quite as good as the fruit which grows in other places.

28. Our apples and pears, our plums and cherries, our currants and gooseberries, cannot be beaten abroad either for size or flavour.

29. But fruit-growing here is more likely to fail with us. Our weather so often changes that we never know how the trees will suffer.

30. Often in the spring, when the trees are full of blossom and young fruit, the frost kills the whole crop, and the ground may at times be seen

covered with young dead apples and pears, which, in warm countries, would have had no cold to kill them.

31. "But the worst of it is," said Harry's father, "when you grow fruit in this country boys are sure to steal it.

32. "When I was a boy we had a nice cherry tree in our garden, and to keep boys out my father bought a large stone dog and put it under the cherry tree.

33. "For a few days the cherries were not touched, but one morning we found them all gone.

34. "And besides stealing the cherries, the boys broke off the dog's legs and tail, and stuck him in the ground, with a paper round his neck, on which they wrote, 'This dog is not well.'"

MARMALADE



1. "This marmalade," said Mrs. Cook to her husband, "is better than the last we had, it is not so thick and not so bitter."

2. "No, I don't think it is," said Mr.

Cook, "the children did not seem to care at all for the last lot."

3. "I caught Rose three or four times to-day at the large jar, so I have put it on the top shelf," said his wife.

4. "Yes, perhaps it is better to do so," said her husband. "I once heard my father say, even if a boy is singing, 'it is a sin to steal a pin,' it is just as well to keep the jam out of his way.

5. "When I go to London next time I will take Kate and Harry over a marmalade factory. I am going to one about some printing, and I'll ask the manager to show us over.

6. "But I suppose you know, Kate, what marmalade is?" said her father.

7. "Yes, oranges," said Kate, "any one can see that. Besides, it tastes like oranges."

8. "And you know where oranges grow, of course," said Mr. Cook.

9. "Yes," again said Kate, "in warm

countries like Spain ; but I have seen them growing in England."

10. "Where," said her father, "in a glass house?"

11. "No," said Kate, "out of doors, and they had been out of doors, too, for two years.

12. "It was down in the south at the sea-side. Two orange trees and two lemon trees had been planted in a garden, and one orange tree had four oranges on it.

13. "There were no oranges on the other, and no lemons on either tree.

14. "Uncle took Nellie and me to see them. It must have been very warm there just then, as he had never seen one growing outdoors before."

15. "I should think so," said Mr. Cook. "I did not know that oranges ever grew out of doors in this country.

16. "They grow in Spain and Italy and some other warm places—just the same as apples grow here.

17. "The oranges which we see in the shops are sent here in ships. There they grow in fields and gardens, and before they are ripe they are picked and packed.

18. "The first lot which are sent here are sour; but after Christmas oranges are much riper and sweeter."

19. If you look at the top of the last picture you will see an orange on a twig just as it grows on the tree.

20. People, who get their living by making jam and marmalade, buy ship-loads of oranges and lemons.

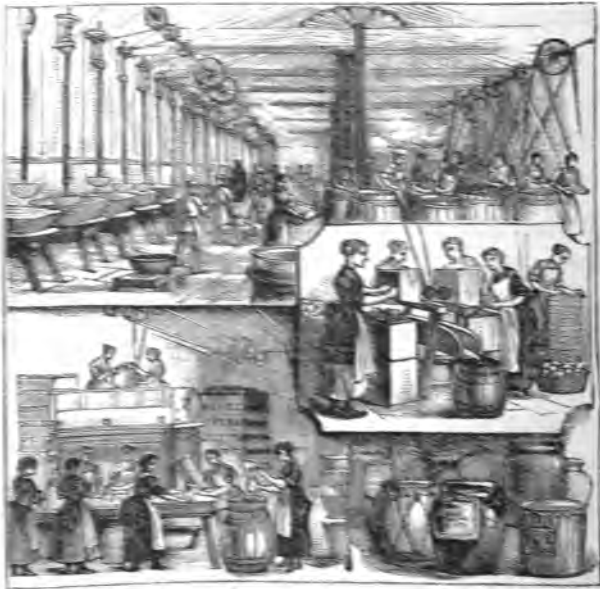
21. First they peel the fruit, and then take out the pips or seeds from the pulp.

22. Then they slice the peel or skin very thin, and, after they have put it back with the juicy part of the oranges and lemons, they boil the whole with sugar.

23. When this is done women and girls put the boiled fruit into jars, and

put labels on them marked "Marmalade."

24. If the fruit is too much boiled,



the marmalade, or orange and lemon jam, is too hard. If it is not boiled enough the jam gets mouldy.

LEMON PEEL

1. "What are you eating, Rose?" said her mother to her last Friday morning when she came home from school.

2. "Lemon peel, mother," said Rose. "Every Friday morning Uncle George gives me a penny, and I bought some.

3. "I am so fond of lemon peel; I think it is the nicest of all the things we eat."

4. "I do not care much for it," said Harry; "but Mr. Bell always has some on his desk. He says it is good for sore throats; but he does not give me any when I have a sore throat."

5. Lemon peel is no doubt very nice, and it would be a poor currant cake which had no peel.

6. When the makers are going to make peel fit to sell in shops, they

first buy their lemons and their oranges and citrons.

7. Then they peel them and cut the peel into two pieces, after which they soak them in salt water.

8. After this they are well dried, and then boiling sugar is poured over them to soften and sweeten them.

9. For two or three months the peel soaks in this syrup, so you need not wonder at its being sweet, and after that it is taken out and dried.

10. "So, after all," said little Rose, "candied peel is not all lemon peel."

11. "Well, no," said Mrs. Cook, "it may be or it may not be; but it is either lemon peel, or orange peel, or citron peel.

12. "You see when they make marmalade they must peel the oranges and lemons and citrons, and they do not slice all the peel and put it in the marmalade."

13. "Oh! I see," said Harry, "so

the other peel would be thrown away if it were not soaked in sugar and preserved.”

MAIZE AND CORN FLOUR



1. “What plant is that?” asked Mrs. Cook. She was down in the country to see her brother, who had planted a few maize plants among the flowers in his garden.

2. "That is maize," said her brother. "It is what we buy to feed chickens and ducks."

3. "Oh! I had no idea that it grew in this country. I thought it grew in the hot countries of the world."

4. "So it does," replied her brother. "Now and then, when we have a very hot summer, maize will get ripe in England, but not often."

5. "But I grow it because it is such a pretty plant."

6. "Well, it certainly is very pretty; and when I go home I'll tell George, and ask him to plant some next year in our garden," said Mrs. Cook.

7. "So do," said her brother. "I have a glass-house, and I'll sow the seeds, and send you up a dozen nice young plants."

8. "Do not forget to write to me in May, and remind me."

9. The maize seen in the picture is growing in America.

10. There the weather is warmer and drier than it is here.

11. Mile after mile, across the country, you see nothing but maize, and a lovely sight it is.

12. Thousands of ships take the maize corn to all parts of the world, where millers and farmers use it for food.

13. The miller grinds it, and we get corn flour, the same as you buy in the paper packets.

14. The farmer gives it, without being ground, to his fowls, and ducks, and geese.

15. Mrs. Cook's brother pulled up one plant from his garden, and sent it home to Mr. Cook by his sister.

16. "I must say it is a pity," said Mr. Cook, when Mrs. Cook went home and told him that it will not ripen here, "for this plant is a beauty.

17. "However, I'll grow some next year, and it will make the garden look nice if I place one here and there."

S A G O

1. "I think I should like a sago pudding for supper, my dear, if you do not mind. I have not had one for years," said Mr. Cook. "It might do my cold good."

2. Mrs. Cook, who was clearing away the tea things, sent Harry out at once for a pound of sago and a quart of milk.

3. She had some eggs in the house, as she kept a few fowls, and they had laid very well lately.

4. Harry was not gone long. He had given three pence for the sago and four pence for the milk.

5. Besides that, two eggs were worth three pence, and the sugar a halfpenny; so the pudding, when it was made, cost about a shilling, counting the coal for cooking.

6. Whilst his wife was making the

pudding, Mr. Cook fed and locked up the fowls.

7. About half-past seven o'clock, Mrs. Cook went out to see about some boots for Rose, but she put the sago pudding in the oven before she went.

8. "Now be sure you see it does not burn," said she to her husband.

9. "All right, my dear, I'll see to it," said he; but, like King Alfred with the cakes, he forgot all about it.

10. First he got talking to Harry and Kate about the sago.

11. He asked them many questions about it, and as they seemed to know a good deal, he was pleased to think that they learned much at school.

12. Harry told his father that sago was not a seed nor a fruit; that it was not corn, nor like anything else he knew.

13. He told him that it was got by squeezing and washing the pith of a

palm tree which grew far away in hot lands.

14. Mr. Cook said, "Well I must say that sago is a thing I knew nothing about.

15. "I did know that it was cheap, and that it is very nice baked or boiled with sugar and milk, and that was all I did know."



16. Just then Kate thought she smelled something burning, and she ran out into the kitchen.

17. There she found a very great fire in the grate, and the oven door shut.

18. Of course she caught up a cloth and opened it; but, when she looked in, the sago pudding was quite black.

19. "Oh! mother will be so angry," said Kate; "we ought to have seen to it. You promised you would, you know, father."

20. "Yes, my dear, I know I did."

21. But Mr. Cook put on his hat and said, "Tell your mother, when she comes home, that I am gone out to see a man about a dog to mind the house."

BISCUITS

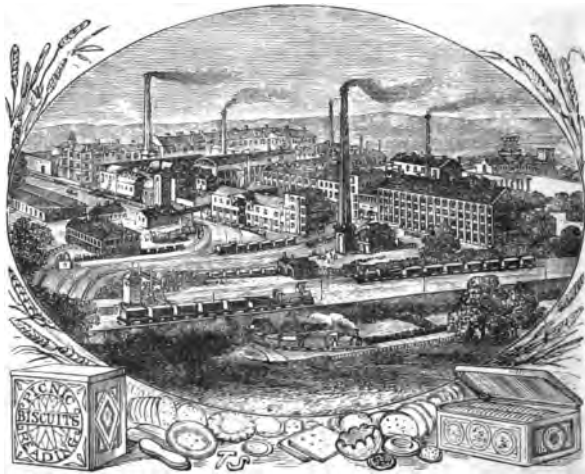
1. "Mother, how is it that biscuits keep so long, when bread will not keep good for a week?"

2. This was what Ellen Green, Kate Cook's cousin, said to her mother one tea-time, when her father was finding fault with the bread.

3. "Because I lock them away, my dear," said her mother. "I do not think a pound of biscuits would last ten minutes in this house if they were not put away."

4. "I don't mean that," said Ellen ;
"I mean how is it that biscuits can
be kept for months and years without
turning sour."

5. "I expect it is because they are



drier," said Mrs. Green. "The dried
brown crust of bread keeps good for
a very long time too."

6. "That is it," said Mr. Green.
"Things which are damp always turn

sour or mouldy, or rot if they are left open to the air.”

7. Meat is not dry, nor bread, nor milk, nor cheese, nor butter, and they all turn bad if you keep them.

8. But things which are dry, that is, things from which you dry out the water, keep good for a long time.

9. If wood is kept dry, it will last for a thousand years, but if it gets wet now and then it soon rots.

10. And it is the same with biscuits. They are made of flour and water, the same as bread.

11. But they are baked until they are quite dry—that is, until all the water is baked out of them.

12. The picture on page 60 is one of a large biscuit factory.

13. There hundreds of men, women, boys and girls work.

14. Some mix the flour and water and sugar, some shape the biscuits, others bake them, while others pack them and label the tins in which they are placed.

15. After that they are sent by rail and ships to every town in the country, and to every country in the world.

16. Biscuits, to keep long, must be kept dry, and to keep them dry you must keep them covered up.

17. If you do not they get soft from the damp in the air, and then they turn sour and mouldy, like bread and other damp things.

18. In old times, before steamers were made, when ships had to sail from place to place, they sometimes took months to go.

19. Then the sailors had no bread, but had to eat biscuits instead.

20. "Oh! then I should have liked to be a sailor," said Ellen's brother, Tom, "for I am very fond of biscuits."

21. "I do not think you would much care for the biscuits sailors ate," said his father.

22. "They were very plain, flour and water only; and they were so hard that they had to break them with a hammer and soak them for a long time."

23. The biscuits we now buy are made of other things besides flour and water.

24. There are sugar and butter, and lard and milk, and all kinds of nice things used by the bakers.

25. No wonder children like them, and no wonder they will not keep unless they are locked up.

HONEY

1. Every boy and girl knows that honey is made by bees, and most boys and girls have seen bees and the houses in which they live.

2. There is a teacher in London, who, when he was a boy, forgot that honey was made by bees, or else he forgot that bees have stings.

3. He was once told by his mother



to put away some honey which was standing on the table.

4. Well, he put it away, but he put some of it away where his mother did not tell him to put it.

5. He took a teaspoon off the table, and, when he got to the cupboard, he ate two spoonfuls.

6. Of course he did not tell his mother, and he thought no one would know.

7. But in about an hour he had a very swollen face.

8. In the honey there must have been a sting, and this sting must have stung his lip.

9. So, for about three days, he could hardly see, as his face was so swollen and red and hard.

10. In the picture above you see what is called a bee-hive. It is made of straw, but many hives are now made of wood.

11. It stands, as you may see, on a little table, so that rats and mice cannot get to it.

12. The straw is curled round and round, somewhat in the way it is curled to make a straw hat.

13. There is a little hole made for the bees to go in and out, and some straw is placed on the top to keep the rain off.

14. "And what do the bees do inside?" said Kate.

15. "They make their combs," said her father, "and then they fill their combs with honey.

16. "But, on Saturday, we are going down to your uncle's, and then we can see one."

17. When Saturday came, Kate and Rose, and Harry and their father, went down in a cart to their uncle's house.

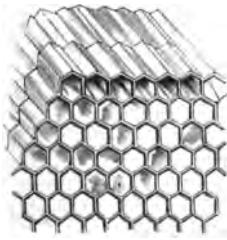
18. After tea they went out into the garden, and saw exactly what you see in the picture.

19. Mr. Cook had been taught to draw when he was at school, so he went back and sat on a box, and drew just what you see.

20. "Have you ever seen a honey-comb?" asked her uncle of Kate.

21. "I think I have seen a piece of one," she said; "but I do not know how it is made, nor what it is made of."

22. "Come into the shed, all three of you," said he. "I have an old hive there; come and you will see it."



HONEY COMB



QUEEN BEE



WORKER BEE

23. Then their uncle turned an old bee-hive upside down, and the children saw the honey-comb, but, of course, they saw no honey.

24. "Of what do the bees make their combs?" said Rose.

25. "Of wax, my dear; and they

make the wax of something they take out of flowers," said her uncle.

26. "You will see that each cell has six sides, and that all the cells fit nicely against each other.

27. "When the cell is made, the bee hunts about for honey to put in it.

28. "If you pull a flower away from the top of its stalk, and put the end of it in your mouth, you can taste the sweet honey.

29. "Well, the bee gets into the flower and gets this honey, and carries it away to his hive."

30. "Yes, I see," said Rose. "But why does he store up the honey—what is the use of it to him?"

31. "Why, don't you see," said her sister Kate, "the bee wants the honey to live on in the winter when the flowers are gone, and when it is too cold for it to come out of the hive."

32. "Man steals the honey from the bee," said Harry.

33. "Well, I am afraid that is so," said his uncle. "I am afraid we really steal everything. We take eggs away from fowls and ducks, and we take wool away from the sheep.

34. "We take apples from trees, and we cut off the heads of cabbages. We knock about the wheat plant and rob it of its corn, and we take our butter and cheese from the cow.

35. "You can hardly say man steals honey from the bee, but he takes it away for all that."

36. "Bees must be very busy little things," said Rose.

37. "Yes, my dear, they are," said her uncle. "They are out early in the morning as soon as the sun is shining, and, like bad boys and girls, they come home late at night.

38. "And, what is more, they go very far away to find the honey.

39. "In Egypt, boats, on which there are hundreds of bee-hives, go up and down the river Nile, and stop every half mile or so.

40. "This they do in the night sometimes, but if they move about in the day, the bees always find the boats, and they find their own hives also."

41. "That is just like people finding their own houses in a large town," said Harry.

42. "Yes," said his uncle; "but your cousin Tom sometimes takes a very long time to find his house when he is sent out anywhere."

43. "But, uncle," said Kate, "how do you get the bees out of their hive when you want their honey?"

44. "Well, my dear, people used to kill the bees. They used to kill them with smoke. Of course you know that if you cannot get air you die.

45. "But now we place another hive
'v the side of the hive from which we

are going to take the honey, and we manage to get them to change houses.

46. "Then as soon as they have gone to their new home we walk off with the old one."

BUTTER

1. "Last year, when we were down on the farm, aunt let Jane and me go into the dairy, when Mary, the dairy-maid, was going to make butter."

2. Thus spoke Kate King to her mother, when they were one evening talking about going down for another summer holiday.

3. "Mary skimmed off the cream from the milk and put it into a churn, which she then turned round and round for half-an-hour.

4. "At the end of that time the cream was changed to butter.

5. "She did not put anything into

the churn except the cream ; and I do not understand how the butter came from the cream."

6. "Well, that is easy enough to understand," said Mrs. King.

7. "If I put water and flour into a sauce-pan, and let them stay there and do nothing, they will remain as they are.

8. "But if I put them on the fire, they soon change to a kind of paste, and you cannot see the water in the flour.

9. "So, if you let milk alone, it will turn sour, and change into a clot and water, even if you do nothing to it.

10. "So I cannot see why cream should not turn to butter if a person keeps moving it about for half-an-hour."

11. "Is that way of skimming the cream off the milk the only way of getting the cream out of the milk?" said Kate.

12. "No, that is not the only way," said her mother ; "but I am afraid you

had better not worry yourself about the many things done in a dairy.”



13. If you look at this picture you will see that there are many things in the dairy which are used in the making of butter.

14. Those who make butter should know all about it ; but no one expects

you to know everything about everything.

15. For hundreds of years butter was made from cream much as Mary made it. The milk stood twelve hours, then it was warmed, then it stood another twelve hours, and then it was skimmed.

16. But now things are wanted in such a hurry that people cannot wait so long.

17. So a few years ago some one in America found out a quicker way.

18. Now a woman can milk a cow, she can get the cream out of the milk, and she can make it into butter, and all in a half-hour and five minutes.

19. But you must wait for a year or two before you worry yourself about how it is done.

20. Perhaps you may be able at some time to see it done. If so, you may understand. If you do not see it done, I am afraid you will not understand.

21. "But you might know that while I am talking to you," said her mother, "hundreds of ships are coming to this country with butter.

22. "We do not make half of that which we use here, so we are forced to buy it from other nations.

23. "A great deal of butter as it is sold in shops is not real butter, and it is not nearly so good.

24. "Much butter is made from the fat of cows and pigs, and that kind of butter is sold cheaper than good English butter."

CHEESE

1. When Jane King came home from school, the day after her mother had come back from the farm, there was a large jug of milk standing on the table.

2. Mrs. King was going to make a rice pudding, but Jane did not know that.

3. In school she had been reading that you got cheese from milk by putting something sour into it.

4. So, as no one was about, she



thought she would see if what she had read was true.

5. She went to the cupboard and took out the vinegar.

6. Then she dropped about a teaspoonful into the milk.

7. Jane quite thought she would see a lump of cheese in the milk; but, instead, she only saw the milk turn into curds and whey.

8. Just at that moment her mother came in. She was not angry at what Jane had done, but she told her never to touch things which did not belong to her.

9. "It does not much matter," said she, "but it might have done.

10. "I cannot make a rice pudding with it, but I can make something else with it."

11. When farmers and dairy-maids want to make cheese, they get together all the milk they can.

12. Then they warm it and pour a little sour water into it. To make the water sour they, for one thing, use lemons.

13. As soon as this rennet, as it is called, is poured in, the milk clots ; and if you look into the milk you will see it like water with white jelly floating in it.

14. They then drain the water away and take out the clot or curd, as they call it.

15. This curd they press very hard, so as to get it as dry as they can.

16. That is nearly all that is done : so you see that cheese is found in milk, and that when a person drinks milk, he or she really drinks water and butter and cheese.

17. " But all cheese is not alike," said Jane to her mother.

18. " No, I know that, said Mrs. King ; " neither are all butters, nor jams, nor birds, nor people."

19. There are many kinds of cows, and there are many people who make cheese.

20. All dressmakers do not make

dresses all alike; some fit and some do not.

21. And so all people do not make cheese in quite the same way.



22. Some milk is richer than other milk, and so cheeses differ; but whether they are good or bad, or hard or soft, or English or not, they are all made from the curd of milk.

23. "But there must be a great number of cheeses made every day," said Jane.

24. "There are," said her mother; "but there are a great many cows also.

25. "From each cow a farmer can get about three pounds of cheese a day, and about three quarters of a pound of butter.

26. "So you see, my dear," said Mrs. King, "there is much cheese made in England.

27. "But you must also know, that every week hundreds of ships come from abroad full of cheese and butter and bacon and eggs.

28. "You see there are about thirty millions of people living in England, and to feed them a great deal of food must be made or bought."

VEGETABLES



1. "George, take a knife and run down the garden for a cabbage," said Mrs. King. "I am all behind with the dinner."
2. So George did as his mother told him, and cut two nice, little, hard,

fresh cabbages, and brought them into the kitchen.

3. "The cabbages we grow seem much nicer than those we buy," said Mrs. King; "vegetables are much better when they are fresh cut."

4. The house in which the Kings lived was not a large one, but when George's father took the house, he said he would rather have a small house and a large garden than a large house and a small garden.

5. Mr. King had been brought up in the country, and so he knew how to grow cabbages, potatoes, beans, peas, carrots, parsnips, onions, and several other vegetables.

6. George, however, did not much like working with a spade and a hoe, as it made him stiff and tired.

7. But his father made him work for all that, as he knew that gardening would come in useful to him some day.

8. "What did the people who lived

here eat besides meat before they learned to grow the vegetables we grow now?" said George to his father.

9. "Well," said his father, "not much. They had wild fruit and berries, and nuts and corn, but most of the things we grow now were not known in this country then."

10. People who have come here from other countries have brought seeds with them; and most of the crops which they grow abroad grow well here.

11. There is no country in the world where garden vegetables grow better than they do here.

12. They like plenty of manure, and a mixture of rain and sunshine; and as our wet days and our fine days are pretty well mixed, the crops do not die for want of rain as they do in some countries.

13. There can be no doubt that men and women, and boys and girls, who eat vegetables are much better in health than those who do not.

14. As Mr. King told his children when he was speaking to them about oats, the strongest animals, such as the horse and the elephant, live only on vegetables, so that meat is not really a thing which we must have to make us strong.

15. But, as George then said to his father, the lion and the tiger eat only flesh, and the whale only fish, and they never eat vegetables.

16. These also are very strong; so you see some animals do without meat, and some do without vegetables; but there can be no doubt that most people prefer to eat both.

17. "And it is just the same with birds," said Mr. King. Eagles are perhaps the strongest of all flying birds, and they live on flesh only.

18. Every school-boy and school-girl knows that some eagles are very large and very strong, and that at times they carry off small sheep and lambs, and now and then small boys and girls.

19. But there are other strong birds which live mostly on corn and leaves and fruit. The ostrich is one of these, and it is the strongest and largest of all birds.

20. It is so strong that a man could not hold it, and it can run so fast that no animal can then catch it.

21. But most of our common birds are like us, they eat both animals and vegetables. Sparrows eat insects, and they eat our peas and fruits.

22. So fowls and ducks eat worms and slugs, and they also must be kept away from our peas and fruit.

23. At page 81 there is a picture of a group of most of the vegetables which we grow for food in this country. Some of them grow out of doors in our gardens, and some grow only in glass-houses, where they can be kept away from the frost.

24. In many towns and villages there is a fruit and vegetable show once a

year, at which prizes are given to those who grow the best fruit and vegetables.

25. Those in the picture were not grown by a poor man, who only had his garden.

26. They were grown by the gardener of a rich man, who had not only a nice large garden, but a large glass-house, which in the winter was warmed by hot water-pipes.

27. Of course the working men could not grow such a nice lot in their cottage gardens, and so the first prize went to the gardener who could.

28. He, however, did not think this quite fair, so his master gave the prize to the man who had grown the best lot in his cottage garden.

29. CABBAGES are grown from small seeds. The seeds are sown out of doors in fine earth, and when the little cabbages are about two inches high they are pulled up and planted wider apart in another part of the garden.

30. After a time they are again taken up and planted in rows, where they remain until they are cut and boiled for dinner.

31. Most cabbages are green, but some are red; and these are cut up and packed in jars and bottles.

32. LETTUCES are grown just in the same way as the cabbages, but they are not boiled nor pickled. They are eaten raw, with bread and cheese and cold meat, in the hot weather.

33. CARROTS, which are placed on the left-hand side of the picture, are also grown from small seeds. They are sown in rows, and remain and grow where they are sown.

34. PARSNIPS are sown and grown in the same way. Both parsnips and carrots are very useful in the winter time, as they can be kept a long time after they have been taken out of the ground.

35. ONIONS, like carrots and parsnips,

are grown for the part which is in the ground, and not like cabbage for the leaves which are out.

36. They have a very strong scent, which makes the breath of people, who eat them, smell badly. They also make your eyes water when you peel or skin them.

37. They are very useful for soups and stews, and they can be kept all through the winter. Cooks think a great deal of them.

38. TURNIPS grow from the smallest of seeds, but are more grown for feeding sheep than for feeding people.

39. Most people, however, grow a few in their gardens, as they are very nice for a change ; but they do not contain very much real food for our bodies.

40. PEAS in our gardens are sown in rows, and run up sticks which are stuck in the ground for them. They are very nice, perhaps the nicest of all our vegetables.

41. Their blossoms also look very pretty; and there are but few gardens in which they are not grown.

42. Most often peas, which we buy in the shops, are not grown on sticks in gardens, but are grown in fields. There they are sown in rows, and



either crawl up each other or lie on the ground.

43. Peas are not only very nice, but they are very good food also. They do not grow out of doors except in the summer, but if dried, or if put into bottles, they can be used all the year round.

POTATOES

1. Perhaps potatoes are more used for food by the people in this part of the world than anything except corn.

2. They were not known to those who lived here in olden times.

3. It was not until our ships found out the countries which are on the other side of the ocean that potatoes were grown here.

4. Sailors found that they were eaten by the people of the countries to which they went, so they brought some here and planted them.

5. This was about three hundred years ago, and now they are grown in every farm, and in almost every garden.

6. "But," said Kate to Mr. King, "there are many kinds of potatoes—how is that?"

7. "There are round ones and flat ones, large sorts and small sorts, white

ones and pink ones. Did the sailors bring over many kinds with them?"

8. "I think very likely not," said her father. "We have many kinds of fowls and pigs and cows and horses. They were not always as they are now; but they have changed since they came.

9. "So with potatoes. If they are grown in many places, and in many kinds of soil, and with many kinds of manure, they change also.

10. "There can be no doubt," went on Mr. King, "that potatoes are better and nicer now than they used to be.

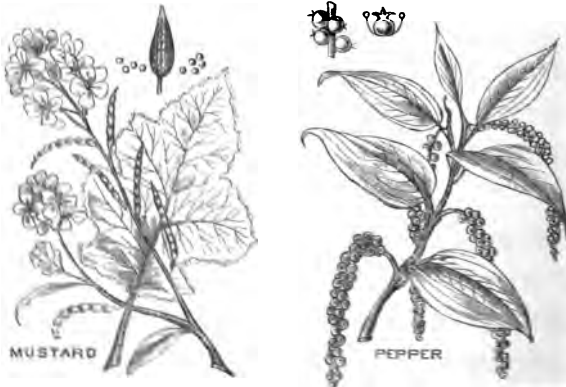
11. "And, besides, potatoes are not only grown for food. They are used for the making of starch and other things; and very likely they are the most useful vegetable which we grow."

12. As every one knows, the potato plant has flowers and seeds in small round potato apples, which come on the plant after the flowers are dead.

13. But farmers do not sow these seeds in their fields.

14. They plant small potatoes, or pieces of large ones, and the seeds are only sown when gardeners want to get new sorts.

MUSTARD AND PEPPER



1. "No, thank you, I do not like mustard," said Mrs. King's brother, as she passed it to him at dinner.

2. "It is too hot for me, and I think it spoils the taste of the meat."

3. "I do not care for it myself much," replied Mrs. King. "I always make it because Tom likes it; but I think it does more harm than good."

4. She not only said this, but she would never allow George and his sisters to have any.

5. This was very likely a good thing for them, as boys and girls who are well and strong do not need much more than good plain food.

6. Mustard is got from a plant, and this plant grows not only here, but in nearly all parts of the world.

7. There are two kinds of mustard plants. They both grow in our fields, and they both have yellow flowers on the top.

8. But one kind has black seeds and the other white.

9. These seeds are ground like corn, so that the mustard we have at meals

is really the flour of the mustard seeds.

10. "But is mustard not good for plasters?" said Kate. "Mrs. Brown always puts one on her children when they have a cold."

11. "Yes, it is very good for that," said her mother. "But you must mix it with other things, or it is too hot for the skin."

12. "When I was a girl your uncle had a mustard plaster on his chest, but he let it slip down under his arm, and so he had to keep it straight out for a few days."

13. "And do you let your children eat pepper?" said Kate's uncle to her mother.

14. "No, not if I know it," said she. "Pepper, like mustard, is too hot, and I feel sure that the less mustard and pepper children have the better."

15. "I think the same," said Mr.

King. "The plainer the food the better."

16. Pepper does not grow in this part of the world. It grows only in hot countries.

17. The pepper plant creeps up other trees something like ivy, and grows about twelve feet high.

18. The plant has very pretty flowers, which change to green berries about the size of currants.

19. As they get ripe the berries become quite red, and when these are dried in the sun they turn black.

20. Like the mustard seeds these have to be ground ; and white pepper is the white flour inside the black coat or husk.

PICKLES

1. "No, you are not to have any pickles," said Jane's father to her, as she reached out her hand for the bottle.

2. "Pickles are all very well for people who are grown up, but they will do you more harm than good."

3. So Jane had to be content ; and it was a very good thing too.

4. Children are not so strong as grown-up people, neither inside nor out.

5. Parents do not allow their children to do very hard work, or to lift very heavy things while they are young.

6. So in the same way they should not allow them to eat food which will give their inside too much work to do.

7. When people are full grown and strong, a little hard work will not hurt them, but weak people and boys and girls should not be overworked.

8. Pickles are mostly small vegetables, such as onions and beans, which are either pickled whole or in pieces.

9. These vegetables are put into bottles and jars, and then vinegar is poured over them.

10. The vinegar keeps away the air from the things put into the bottles, and things kept from the air keep good a long time.

11. For young people vinegar is not good, and, as those who make pickles put mustard and pepper into the bottles as well, the pickles are best left to older and stronger people.

12. Most pickles, as they are sold, are hard, and most hard things are not of much use as food.

G A M E

1. "Well, I am sure it is very kind of Mr. Smith. It is not every one who would send us a pair of pheasants."

2. This was said by Mrs. to Mr. King, as he took the two birds and a note out of a basket which Mr. Smith had sent him.

3. The summer was nearly over, and Mr. Smith, who lived in London, had gone into the country to live for a short time.

4. Rich people, and those who have



to work hard in large towns, always try to get away for a change when the hot weather comes on.

5. And when they get away among the woods and hills, and rivers and

fields, they spend their time in fishing and shooting.

6. And so Mr. Smith had been shooting all kinds of birds which did harm to the crops; and among the rest, he shot the two pheasants which Mr. King took out of the basket.

7. In the picture at the head of this lesson there are partridges in a corn-field.

8. During the spring and summer the corn had been growing; and as the birds, or game, as the farmers call them, kept among the wheat and the barley, the men could not shoot them.

9. But when the corn is cut the birds have nothing to hide them, and then they are shot and eaten as food.

10. Farmers do not like to see many of these wild fowls running about on their lands.

11. Like the tame fowls kept on a farm, they eat the farmer's corn and

crops; and they often cost him a great deal in the course of the year.

12. No doubt the birds eat a great number of insects as well as corn; but the farmer thinks that they do him far more harm than good.

WATER

1. "I suppose you know," said Mr. King to George one morning at breakfast, "that water is a food."

2. "No, I did not," said George. "I thought we drank water when we were thirsty."

3. "Well, of course, we do that," said his father, "but water is as much a food as flour or beef."

4. "Water is used to make tea and coffee and cocoa, and to cook food with; but when we take it into our bodies it is used to make us grow, like other foods."

5. It is found in all vegetables, and all fruit, and all meat ; and when these become a part of us, the water becomes a part of us also.

6. "This morning I have had a letter from a friend of mine, who has a school in Yorkshire," said Miss Stone to her class, when Kate got to school.

7. "Every week her girls have to write a few lines about something or other ; and I will read to you what one of them last week wrote about water. Then we will spend half an hour over it, and after that you can write for me what you can about it yourselves."

8. This is what the girl wrote :—

9. "Water is used for a good many things. Sailors use it to go to sea on. If there were no ocean, their ships could not float, and they would have to come ashore again. Water is a good thing to have a swim in, and to fire at boys with a squirt gun, and to catch

fishes in. My father caught a big one the other day, and when he pulled it up, it was an eel. Water is found almost everywhere when it rains, as it did the other day when our cellar was half full. Onions make your eyes water, and so does horse radish if you eat too much. Nobody could be saved from drowning if there were not any water to pull them out of. Water is first-rate to put out fires with. This is all I can think about water except the flood."

10. "Of course," said Miss Stone, "this is not what you would read in a book about water; but although it is rather funny, it shows that the girl was able to think about what she had seen and what she had heard."

11. Water, as the little girl said, is found almost everywhere.

12. It is found in every plant that grows, and in every animal that lives on the earth, and in every creature

that lives in the waters under the earth.

13. If you light a lamp in a room you will find water on the window. If you breathe against a slate you find water in the breath. If you air a flannel before the fire you will see that there is water in the flannel.

14. It is floating about in the air as vapour; and it also floats about as cloud or mist or fog.

15. It comes down as snow or hail or dew or rain. Some of this dries up, and some soaks into the ground; but a great deal is again brought up by plants and trees, and once more passed out into the air around them.

16. The water which goes down deep into the earth forms wells and springs; and from the water of the springs, which bubble out of the ground, we get our brooks and our rivers and our ponds and our lakes.

17. The snow slips off the mountains

into the valleys and fills them with ice; and this ice slides slowly down the valleys, and melts to form the rivers.

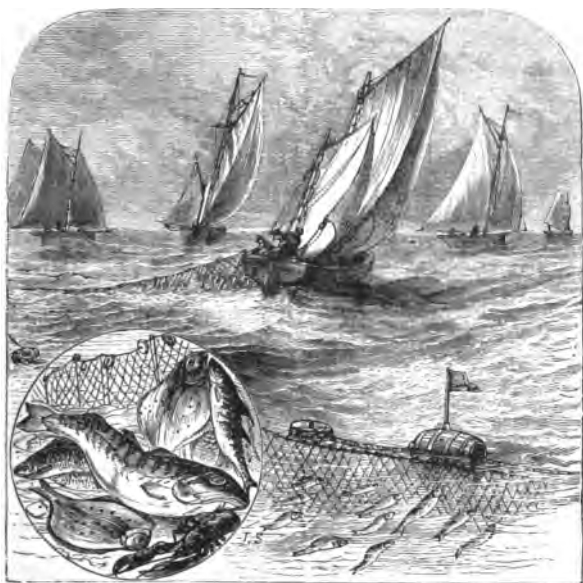
18. In cold countries near the sea these great valleys of ice do not melt as they do in warmer parts; but they reach out into the sea until they snap off and float away as icebergs.

19. The oceans and the seas and the bays and the gulfs are water; but this water is salt, and not fresh like the water of rivers and lakes.

20. Some of these rivers are a thousand miles long and several miles wide, and some of the oceans are many miles deep and thousands of miles across.

“ Little drops of water, little grains of sand,
Make the mighty ocean, and the mountains grand.”

FISH



1. In Book I., towards the end, there are eight pages, in which we read about Mrs. King taking her three children, Kate, Jane, and George, down to the sea-side.
2. They spent most of their time on

the sands, running about and catching little fish and shrimps.

3. They not only caught some little fish themselves, but they saw some larger ones which some fishermen had caught in nets out in the deeper water.

4. We also read that while George was down by himself on the rocks, his sisters went round to the market and saw large deep-sea fish which they had never seen before.

5. This year they were older, and, as Mr. King went down to the sea-side with them, he took George out for two days far away from the land.

6. In the picture you can see the boats, and you can also see the men pulling in the net in which they had caught a great number of fish.

7. It was in the middle of the summer, and so it was not cold; but George was very sea-sick, and wished he had not gone.

8. The sea was not very rough; but

George could see that when the wind blew strongly the fishermen were often in great danger.

9. So his father said to him, "Now you know what danger and trouble there is in fishing.

10. "Every night, whilst you are in bed asleep, hundreds of boats and thousands of men are out on the deep deep sea fishing for food for us.

11. "With hooks and line and net they catch cod, and haddock, and soles, and herrings, and the other fish which you see in a fish-monger's shop."

12. "Why do not fishermen catch all fish with nets?" said George. "Why do they use a hook and line?"

13. "Because some fish will not go into a net," said his father.

14. "You know that some people live together in crowded towns, whilst others live almost alone in the country.

15. "Some trees grow together in crowded woods and forests, whilst others grow here and there by themselves.

16. "So some birds live in flocks and crowds, whilst here and there you find one or two by themselves far away in the quiet of the fields and meadows.

17. "And it is the same with fish. Herrings you catch by the thousand, but the salmon you catch by himself.

18. "And that is why fishermen use both the hook and line and nets.

19. "When the fish are in shoals or crowds, then they use their nets; but when the fish are few and far between, over goes the line."

20. "And what do they do when they want to catch a shark?" said George.

21. "Fishermen do not catch sharks," said Mr. King. "They have to be careful that the shark does not catch them.

22. "Sometimes when a man gets

into the water a shark will swim off with him, just as a cat walks off with a mouse."

23. "And what do they do when a whale gets into their nets?" said George.

24. "Well," replied his father, "whales do not get into fishing nets; they are far too large.

25. "And even if they did, they could easily swim away and drag the fishing boat with them.

26. "Besides, whales are not fishes, and they do not live in the sea near this country.

27. "Fishermen who catch them have very large ships, and they have to go far, far away for whales.

28. "Whales are not caught to eat. They are caught for their oil and whale-bone, and not for their flesh."

29. "But I read in a book," said George, "that they once caught a whale in England. He got on the

sands, and the tide went out and left him."

30. "Yes," said his father, "fishes, and birds, and boys will sometimes get in the wrong place, and then they nearly always get into trouble."



31. The man in this picture is a fisherman, but he does not catch fish for his living.

32. He does not live at the sea-side, and he does not catch fish in the sea.

33. He is fishing for salmon.

34. Now, salmon live sometimes in rivers and sometimes in the sea. They are born in rivers, and stay in them for a year or two.

35. Then, in the early summer, they go down to the sea, and after they have stayed there for a few months they return to the rivers.

36. In going up and down the streams they are caught in many ways.

37. Some are caught with a rod and line, whilst others are caught in nets and baskets, as they try to get past narrow places in the river.

38. Salmon are found in nearly all rivers all over the world, where the weather is not very hot.

39. In the river Thames, and in the other rivers of England, Scotland, Ireland, and Wales, salmon used to be found in great numbers.

40. But some of the rivers are not now so clean as they were, and from these rivers the fish have gone away to others.

41. A full-grown salmon weighs about fifty pounds; but it is not often that a salmon is lucky enough to live until he is so big.

42. He has to pass up and down the river so often, that he is almost sure to be caught by some one who is on the look-out for him.

43. Besides the hundreds and thousands which are caught and sold in the fish-mongers' shops, there are thousands of salmon which are caught and sent here in tins from other countries.

OYSTERS

1. A day or two after Mr. and Mrs. King and Jane and Kate and George went home from the seaside, some

one sent Mr. King a small barrel of oysters.

2. They had some of them for supper ; and Jane said to her father, "We did not see any fish like these at the sea-side."



3. "Well, I should think not," said Mr. King. "They do not live at sea-side towns where they would be eaten by every one.

4. "Besides, oysters are not fish,

although people call them shell-fish. They are no more fish than snails are fish.

5. "Fishes have no shells, and so animals which have shells are not fish."

6. Oysters are found at the bottom of the sea in most parts of the world, but not in very deep water.

7. When they are three months old they are about the size of a shilling, and when they are a year old they are nearly as large as a half-crown.

8. The men who get up oysters from the sea to sell, first put them there.

9. The young oysters are placed at the bottom of the water when they are very young, and there they stay until they are two or three years old.

10. They cannot swim, and they cannot crawl, and so they have to stay where they are placed.

11. Besides oysters, there are many other things which we call shell-fish.

12. There are cockles, and whelks, and limpets, and winkles, and in some places the rocks on the sea-shore are so covered with them that no one can see the rocks themselves.

13. Oysters do not like to live in water which gets very cold ; and sometimes, when it is very cold in winter, numbers of English oysters are killed, as they lie at the bottom of the sea.

14. But in France and Spain, and other warm countries, the oysters do not die in the winter ; and most of the oysters we eat in this country come from warmer countries.

CRABS—LOBSTERS

1. On the last morning before George, Kate, and Jane went home from the sea-side, they went on the sands to catch shrimps.

2. The day was fine ; there was no

wind, and the water in the little ponds was quite warm.

3. Kate caught most; but all they caught were very small, too small to take home to be cooked.

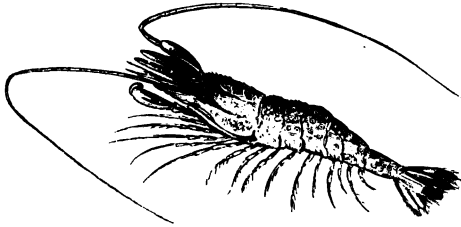


4. But some women, who were catching shrimps out in the deeper water, caught a few which were very large, some of them an inch and a half long.

5. As George had twopence in his

pocket, he bought half a pint, and when they got home their mother boiled them, and then let them get cold for tea.

6. When the shrimps were caught they were of a light sandy colour, but when they were boiled they turned quite brown.



7. "The shell of a shrimp is not one piece, like the shell of a crab," said Kate.

8. "No," said her mother. "The hard shells move one over the other, so that the shrimp can move about quickly in the water. If it were not so, he would soon be eaten, as he is so small."

9. "Well, this one is going to be eaten, anyway," said George, as he peeled off the scales and ate it.

10. In the afternoon George took off his boots and socks, and went away from the sands to where there were rocks, and walked about among them looking for sea-weed.

11. For a month after this George could not put on his left boot.

12. On the sands he and his sisters had seen scores of little crabs crawling about; but down among the rocks, under the sea-weed, there was a crab a little more than three inches long.

13. This crab thought George's foot was something to eat; so it took hold of the little toe of his left foot, and with one of its big claws bit it very hard.

14. It was quite half an hour before

George could get it off again ; and when he got home, carrying his sock and boot in his hand, the toe was very red and very much hurt.

15. "It is a good job it was not a



large crab," said his mother; "if it had been, you would have lost your toe.

16. "Crabs are very strong," said she. "Both crabs and lobsters live among rocks in deep water, and are

not caught by nets, nor with a hook and line.”

17. The men who catch them sink in the water a trap, like the one in the picture, after they have tied a cork and string to it.

18. This lies at the bottom among the rocks, and, as the men put some dead fish in it, the crabs and lobsters crawl into the trap for it.

19. When they are once in they cannot get out again, and so they are pulled up in the trap and sold.

20. Crabs and lobsters are very strong and very savage. They fight and tear off the claws from each other, and often eat each other.

21. It was not very long ago that a man who had a dog went to a fish shop to buy some fish.

22. On the front of the shop lay a large crab, which caught hold of the dog's tail as he stood close by.

23. Of course the dog barked and ran

howling down the street, and, as the crab held on, it went down the street also.

24. By the time the dog got to the end of the street half its tail had come off; and, as the crab had been pulled along the road, most of its claws had come off too.

KNIVES AND FORKS

1. "Oh, do look at this picture, said Kate Green to her sister. "Look and see how all these people are eating their dinners. Every one is using his fingers—the women and the girls, too; and not one of them has a knife or a fork, or even a spoon."

2. "No," said her sister, who was fourteen years old, and who had read many books about other parts of the world far away. "No, they never use knives and forks where they live.

3. "They live in a hot country, where they can find nearly all the food they want without working hard; so they do not do much work, and have not learned to make knives and forks, as those who live here have done."

4. The people who used to live here did the same thing. They caught birds and beasts and fish, and for many years ate them raw. Then they learned to cook them; but they had no knives and forks.

5. For knives they used sharp stones, and for forks they use their fingers. They all sat round the cooked meat, and each, with his sharp stone, cut off as much as he wanted.

6. After a long time, however, some one found iron; and then, instead of sharp stones, they used sharp iron, and in that way knives came into use.

7. Little by little the knives were made better and better, and then they

began to pick up their food with sharp sticks and sharp bones.

8. After a time they made handles of wood for their sharp irons and sticks; and in that way knives and forks came to be made and sold.

9. Now the blades of knives are



made of steel, and the handles of bone or ivory or metal, so that they may last for a long time.

10. Four hundred years ago, knives and forks were not laid on the table for all. Only the one who cut up the joint had a knife and fork, and these were large and heavy.

11. For hundreds of years, people never thought of having small knives and forks on the table as well as plates.

12. Even the people who live in China now do not use them. They scrape the food off their plates into their mouths with little sticks, called chop-sticks.

13. When men began to use knives and forks, they took them about with them, stuck in the tops of their stockings, for fear they might lose them. But they are now so cheap that they leave them at home.



